

Dms1234's story

Posted by dms1234 - 23 Feb 2013 03:31

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I am a recent Baal Tshuvah and college student and this is my story:

I grew up in a small Jewish Community but I was lucky that I had a traditional family, which definitely helped me come back to Torah. As I am a Baal Teshuva I grew up in a society where lusting is normal. In fact it is encouraged.

I was about 9 or 10 when an older friend introduced me to provocative material like porn. However I didn't start acting out till a few years later. As I went through puberty and a little later started acting out, I became quite socially awkward. My world was a fantasy. Because the secular world's goal, my goal throughout high school, is to receive as much pleasure from girls as possible, and I wasn't able to "get" (lack of a better word) girls, I had to pleasure myself. I was a lost kid with barely any friends and with this troubling addiction.

When I started becoming a religious, a couple of years ago, I really liked the Torah idea of treating woman. My eyes were opened of how society and I objectify women and the Torah moves past this superficiality. This concept definitely pushed me more towards Torah.

Last year, I tried stopping and my longest streak was about three weeks! However I had no resources so I kept acting out. I finally found this website last spring and I was so happy. I was thrilled. However I only subscribed to the chizuk emails, partly laziness but also I was headed to Israel for the summer. I went to Yeshiva (my first real Yeshiva experience) and loved it. I soaked it up and I left Israel I had was clean for about 60 days.

However i didn't fix the problem. I didn't truly break free. I just went to Israel! So the spirituality of course helped me. So after being home for a while and being clean for close to 5 months I had these weird occurrences. I would wake up in the middle of the night and almost fall. Then after a few of these I started falling. I called them subconsciously falling (has any one ever had this happen to them?). Then I started falling consciously regularly. So for the past while, about 4 months i have been falling quite regularly.

Its very hard being a college student as I am constantly around attractive young women. Guarding my eyes is very difficult. Also as I am in a small Jewish community and being one of

the only Frum college students in town, I am involved in Kiruv for college and also high school. This is tough as I can't just hide from women. (not making fun of anyone, rather jealous of people that can do this) So, If anyone has any tips that would definitely be appreciated.

I also I would like to briefly talk about how widespread this problem is. Many of my secular Jewish friends are deeply engrained in this problem. Very deep. Some of them have a hard time believing that people can actually refrain from masturbating. It is just out of their scope as they are in too deep. So GYE keep doing good work and God willing even Secular Jews will resort to this site very soon.

Even though I a member and have subscribed to chizuk emails. I haven't really used much of the other resources. So lately, I started reading stories and decided to start reading the Big Book for alcoholics. I have not participated in phone conferences or have a sponsor yet. And actually this is my first time posting on the Forum. So I think its about time to start using these incredible resources.

Through my journey I have learned a few strategies. These are some of them:

Get a filter and tie up all loose ends. I don't usually look at porn but when I'm desperate I do. I put a filter on my computer and my phone. However I didn't turn off Safari on my phone. Finally I got my Rabbi to restrict it for me. Also I deleted my password for my computer filter. I wouldn't suggest this but it was the easiest solution to get rid of the problem

Find out where you are lax and try to prevent it by "adding something". For example I fall at nights when I am in bed. I have started listening to shiurim when I go to bed (I'm single of course) Disclaimer: you may still fall. This is just an added fence/preventative measure to help you.

Lastly and most importantly, I have been working on the first step (powerlessness) and have had trouble figuring out exactly what I am supposed to do. I think developing an awareness of Hashem like talking to him in your own words has helped. Even saying thank you God that its sunny out or thank you God for this snow. If you keep trying to do this you will develop an awareness of Hashem. Then you are literally bringing him into your life and hopefully the Torah that you learn will seep through your veins.

May HaKadosh Baruch Hu help us in our journeys!

Dms1234

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Re: Dms1234's story

Posted by cordnoy - 26 Apr 2014 01:38

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TZ...Life is the moment before us.

b'hatzlachah

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Re: Dms1234's story

Posted by dms1234 - 07 May 2014 01:28

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A lot of guys in the past little while have broken their records, racking up 50 days, 5 days, whatever it is they are doing amazing work. Some of them have fallen and have gotten REALLY UPSET and then they end up falling again, and again.

In my mind this shows their true intentions. They want to count the days. they want to get to 90 , but not

ABSOLUTELY INCREDIBLE AND SPIRITUAL!) So they focus on accumulating the days, battling and fighting up (uk, how stressful) But then they fall and they got so upset. They thought they were over it!!!! Done! They beat this thing. Once and for all.

**Warning: Spoiler!**

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This is focusing on not falling. I found that focusing on living is the true path to recovery. Without: fears, regrets, stresses, guilt. We just calmly live day by day, moment by moment in incredible tranquility. Relax, Breathe, Thank God Life is good. Look at the beautiful sky (or mountains, or water, or trees) that he creates for us. What a magnificent world!!!

Progress, not perfection. If we do fall, God forbid, thats ok, it happens. We cant change the past. We just have to dust ourselves off and pick ourselves up and keep on living (KOL) from the place we left off. Step by Step. Climbing higher and higher but always remembering where we came from. That we can go right back to where we were: a world full of trash that truly did not make us feel happy.

But this shouldn't plague our mind, because I am here right now and I am happy. Thank God. Thank God.

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Re: Dms1234's story  
Posted by dd - 07 May 2014 09:43

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great post dms!!!

ok KOL!!!!

that really the name of the game!!!

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Re: Dms1234's story  
Posted by dms1234 - 09 May 2014 05:11

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I learned a lesson. I went to yeshiva for a short bit and learned for the majority of the day. When i came home i said i can do this! I can learn 2 hours a day!! And i did the past 2 days and I'm on pace today!

See, I have always sat down and said come on!! I can learn! I can learn! Ah Im scared! What if this? What if that? AHHH Maybe i cant? Oh no!.

See i think too much. So i decided lets learn in sections. 20 minutes here, 20 minutes there. And then i get there.

Nice and slow nice and slow!

Why do i limit myself? NO MORE LIMITATIONS!!!! (Bezras Hashem!)

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Re: Dms1234's story

Posted by Atzmosyosef - 09 May 2014 12:15

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Yo DMS !

Im with you on this all the way.

Im also single and surrounded by pretty girls at university and theres a tv and unfiltered computer in my house. I pray daily that those around us will recognise how serious the pervasiveness of society is on us and make our homes healthy and truly alive with good things.

Welcome to the world of baby steps. I look for the little moments that i see improvement.

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Re: Dms1234's story

Posted by dms1234 - 09 May 2014 21:53

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## **Atzmosyosef**

I pray daily that those around us will recognise how serious the pervasiveness of society is on us and make our homes healthy and truly alive with good things.

Absolutely! But this is no excuse for us. We cant put the blame on others. This is our problem and even though we are surrounded my shmutz, hot girls that wear nothing, etc, we have to work on ourselves.

So yes BABY STEPS!!! Or rather baby steps!!!

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Re: Dms1234's story

Posted by dms1234 - 20 May 2014 21:38

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New avatar!!! yay!

I came up with a profound realization over the past few days. I am a little baby. Thats right. All i want is to whine and cry and get what i want. I want other people to give me what i want, anywhere, any time, always. Its all about the i. What do I want?

But i was speaking with NeedHelpNotJewish and he opened my eyes. He said "he will strive to get out of myself and be loving and giving to others around me, even if I don't "feel like it" at the time." wow!! Meaning i cant just be a baby and do whats best for me. Even if i feel like being a baby and don't feel like doing things for others, i still have to do what's necessary. I just have to do it.

I can't just be for myself and do what I always want to do. But even so what the "i" wants do isn't always the best for me. "i" wants to look at beautiful women all day but is that what i really should be doing? Sure i don't feel like doing anything else but staring at woman all day but that isn't good for me. Nor will that get me the most pleasure

**Warning: Spoiler!**

So Lets say bye to the i and say welcome to the you or we or them? Whatever the i has to go!

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Re: Dms1234's story

Posted by dd - 20 May 2014 22:35

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thanks Dms!!!

great post but can "I" reply by saying "I" liked it,

"I" guess "I" should write "WE" enjoyed the post,

that really was a "I" opener.

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Re: Dms1234's story

Posted by Gevura Shebyesod - 20 May 2014 23:00

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A small i is better because it comes with a dot.

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Re: Dms1234's story

Posted by cordnoy - 20 May 2014 23:12

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But like has been said before: don't forget to dot it.

Reminds me of the joke where the teenage girl comes to school all black n' blue.

When the teacher asks what happened, the girl responds that she forgot to place the dot at the end of the sentence.

The teacher cried out in amazement: All that fuss cuz' you missed one period!?

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Re: Dms1234's story

Posted by Machshovo Tova - 20 May 2014 23:25

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[cordnoy wrote:](#)

But like has been said before: don't forget to dot it.

Reminds me of the joke where the teenage girl comes to school all black n' blue.

When the teacher asks what happened, the girl responds that she forgot to place the dot at the end of the sentence.

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Dot vuz ah goot vun!

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Re: Dms1234's story

Posted by TehillimZugger - 20 May 2014 23:47

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One of the stupidest jokes I've heard in my life. I have a bunch of Kashas on it.

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Re: Dms1234's story

Posted by cordnoy - 20 May 2014 23:51

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glad you liked it.

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Re: Dms1234's story

Posted by dms1234 - 21 May 2014 03:18

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**dd**

great post but can "I" reply by saying "I" liked it,  
No, but you can say thank you. Guard set up the forums for this in fact reason. so we can  
concentrate on the "you" (as in Thank you) instead of the I as in "I like."

**cordnoy**

Reminds me of the joke where the teenage girl comes to school all black n' blue.

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Cordnoy: EW! Shelo asani isha

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